

AUGUST 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Breakfast for Lunch Scrambled eggs French Toast Bacon	2	Beef Hot Dog Hot Dog Bun Mustard, Relish, Ketchup Baked Beans / Coleslaw Fresh Fruit	3	Chicken Parm W/ sauce Caprese Salad Garlic Bread	4	National Eat A Peach Day Roasted Pork Loin w/ Mango Sce Rice Pilaf California Blend Veggies Wheat Bread Fresh Peach / Cookie
7	Kielbasa / Mustard Caramelized Onions Diced Potatoes Prince Edward Veggies Wheat Brd Fresh Fruit	8	Tomato Soup Grilled Cheese Sandwich	9	Orange Juice Garden Salad Greens / Cherry Toms, Cuc, Onions / Grilled Chicken Strips / Cheddar Cheese / Ranch Dressing / Garlic Knot / Cookie	10	Stuffed Scallops W/ Linguini Garlic Bread	11	BBQ Beef Brisket Lyonnaise Potatoes Brussel Sprouts 12 Grain Bread Fresh Fruit
14	Grape Juice Swedish Meatballs Mashed Potatoes Peas & Diced Carrots 100 % Whole Wh Brd Yogurt Cup	15	Mac & Cheese W/ Steamed Broccoli	16	Nat'l Watermelon Day Country Vegetable Soup Oven Rst Turkey (<u>Not Deli</u>) on Kaiser Roll Sandwich / Potato Salad / Saltines/Must/ Mayo /SI Tomatoes & Lettuce Watermelon Slice	17	Cheeseburger W/ Col-slaw	18	Cracker Crumb Cod / Tartar Sce / Mashed Potatoes / Green & Yellow Wax Beans / 100 % Whole Wheat Brd / Fresh Fruit
21	Orange Juice Quiche Lorraine Lyonnaise Potatoes Vegetable Medley Garlic Knot Wholegrain Fruit Bar	22	Beef Kabob W/ Loaded Baked Potato	23	Oven Baked Chicken Macaroni & Cheese Chuckwagon Veggies 100 % Whole Wht Brd Fresh Fruit	24	B.L.T. Sandwich W/ Macaroni Salad	25	Orange Juice Meatloaf w/ Gravy Garlic Mashed Potatoes Spinach 12 Grain Bread Cookie
28	Manicotti w/ Red Sce / Parmesan Cheese Cheese /Squash Medley Bread Stick / Fresh Fruit	29	Chicken Pot Pie W/ Bread	30	Oven Roasted (Not Deli) Turkey w/ Gravy Cornbread Stuffing / Cranberry Sauce Mixed Vegetables Wheat Bread Fresh Fruit	31	Chicken Salad Sandwich W/ Fruit salad		

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older.
SUGGESTED DONATION: \$4.00